

**In the Claims**

Please amend claim 1:

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1. A food supplement which comprises  $\alpha$  lipoic acid or a derivative thereof, and at least one ingredient selected from the group consisting of amino acids and derivatives thereof and sources of amino acids, in amounts effective to increase lean muscle mass and strength; wherein the  $\alpha$  lipoic acid or the  $\alpha$  lipoic acid derivative is from about 1 mg to about 100 mg per gram of food supplement.

Please add new claim 44-47:

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44. The food supplement of claim 1, wherein the  $\alpha$  lipoic acid is about 2 mg per gram of food supplement.
45. The food supplement according to claim 3, wherein the amount of glutamine or glutamine derivative is between 1 mg to about 500 mg per gram of food supplement.
46. The food supplement according to claim 3, wherein the amount of glutamine or glutamine derivative is about 5 mg to about 300 mg per gram of food supplement.
47. The food supplement according to claim 3, wherein the amount of glutamine or glutamine derivative is about 10 mg to about 200 mg per gram of food supplement.

Please cancel claims 8-10 and 16-43.

**Remarks**

Claims 1-15 and 44 are presently pending in the application. Claims 1-15 stand rejected. Claims 1 and 8-10 have been amended. New claim 44 has been added.